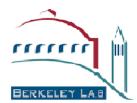


## Protect yourself from Avian Flu while traveling



- Avoid direct contact with chickens, ducks, or geese.
- Avoid live animal markets.
- Avoid touching surfaces contaminated with poultry feces or secretions.
- Practicing frequent hand washing or use of alcohol gels (>60% alcohol).



- Do not eat uncooked or undercooked poultry or poultry products, including dishes made with uncooked poultry blood.
- Consult a health care provider if you become ill with fever & respiratory symptoms within 10 days of returning from an affected area.

## For more information:

cdc.gov/travel/other/avian\_flu\_ig\_americans\_abroad\_032405.htm